

# USER MANUAL



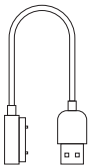
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# Standard Accessories



Heart Rate Monitor  
with Armband x 1



Charging Cable x 1



User Manual x 1

## Product Introduction

HW706 transmits the real-time heart rate data through Bluetooth or ANT+ to receiving devices, IE: sports watch, bike computer and

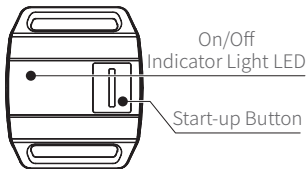
fitness App, helping you manage your exercise intensity in a scientific approach. This user manual is for you to understand how to use this product, please keep it for future reference.

Note: This product is for sports purposes only and it is not meant to replace any medical device.

## Function and Operation

Power on:

Press the on/off button, LED blue light flashes quickly, the monitor starts to get your heart rate data. As the heart rate has been detected, the light will flash slowly.



[ Front View ]

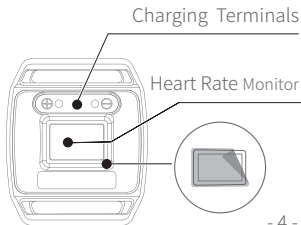
## Power off:

Press the on/off button when it's not in use, the LED red light flashes quickly, and then it is shutdown.

## Power:

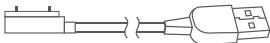
- 1** When you press the on/off button, if the LED red light is on, it shows that the battery is low and needs to be charged.
- 2** The product adopts magnetic charging, during charging, the RED and GREEN LED light flash alternately,

after it is fully charged, the GREEN LED will be on, and then you can stop charging it.





Remove Protective Sticker

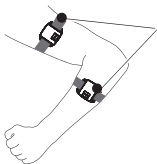


Charging Cable

[ Rear View ]

Wearing:

Wear armband on the upper portion of the forearm. The Monitor should be on the inside or top of the forearm. It should be worn snug enough not to move on your arm, but not so tight that it restricts arm circulation.



Wearing Position

Initial Setup with Bluetooth Smart Fitness Apps

- 1 Turn on Bluetooth in the phone setting.
- 2 Wear the Monitor correctly and press the start button.

Do not search and add devices on this page. Please add the heart rate Monitor in the App.

## Connection with ANT+ Sports Devices

(Sports Watches, Bike Computer...)

- 1 Add the heart rate Monitor in the ANT+ device and add list to find and add this product.
- 2 Start training according to the reminder of the watch or other devices, and check your real-time heart rate in the display screen.

The Bluetooth 4.0 & ANT+ of this product can work simultaneously. If you need to connect to phone and ANT+ devices at the same time, please confirm the device you connected is equipped with Bluetooth 4.0 or ANT+.

# Specifications

|                     |                                               |
|---------------------|-----------------------------------------------|
| Weight              | 18 g                                          |
| Battery Life        | 20 hours for continuous heart rate monitoring |
| Wireless            | Bluetooth & ANT+                              |
| Battery Type        | Rechargeable lithium battery                  |
| Working Temperature | 0 °C ~ 45 °C                                  |
| Size                | 42.6 x 36 x 12.5 mm                           |
| Waterproof          | IP67                                          |

## **Applicable Smart Phones**



IOS 9.0 or above, iPhone 5s model or above



Android 4.3 or above with Bluetooth 5.0

## **Compatible Apps**

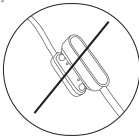
CoospoRide, Endomondo, Wahoo, Runtastic, UA Run, Zwift, Opendrider, Heartool, or other Apps with heart rate display feature.



## Cautions

While charging, the contact point of the charging head must not be short-circuited.

The following operations are not allowed.



## Disclaimer

- Please notice that due to the manufacturer's further development plans, the products described in the manual may be changed without notice.
- Our company makes no representations or warranties with respect to this manual or with respect to the products described herein.

- Our company shall not be liable for any damages, losses, costs or expenses, direct, indirect or incidental, consequential or special, arising out of, or related to the use of this material or the products described herein.

## **FCC statement**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be

determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- 1 this device may not cause harmful interference, and .

- 2** this device must accept any interference received, including interference that may cause undesired operation.



Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Contact your local government or a retailer for additional information.



- Do not open or modify the product.
- Do not disassemble or attempt to service this product.
- This product is safe under normal and reasonably foreseeable operating conditions.
- If product is operating improperly, call COOSPO support.
- Product must be returned to the manufacturer for any service or repair.